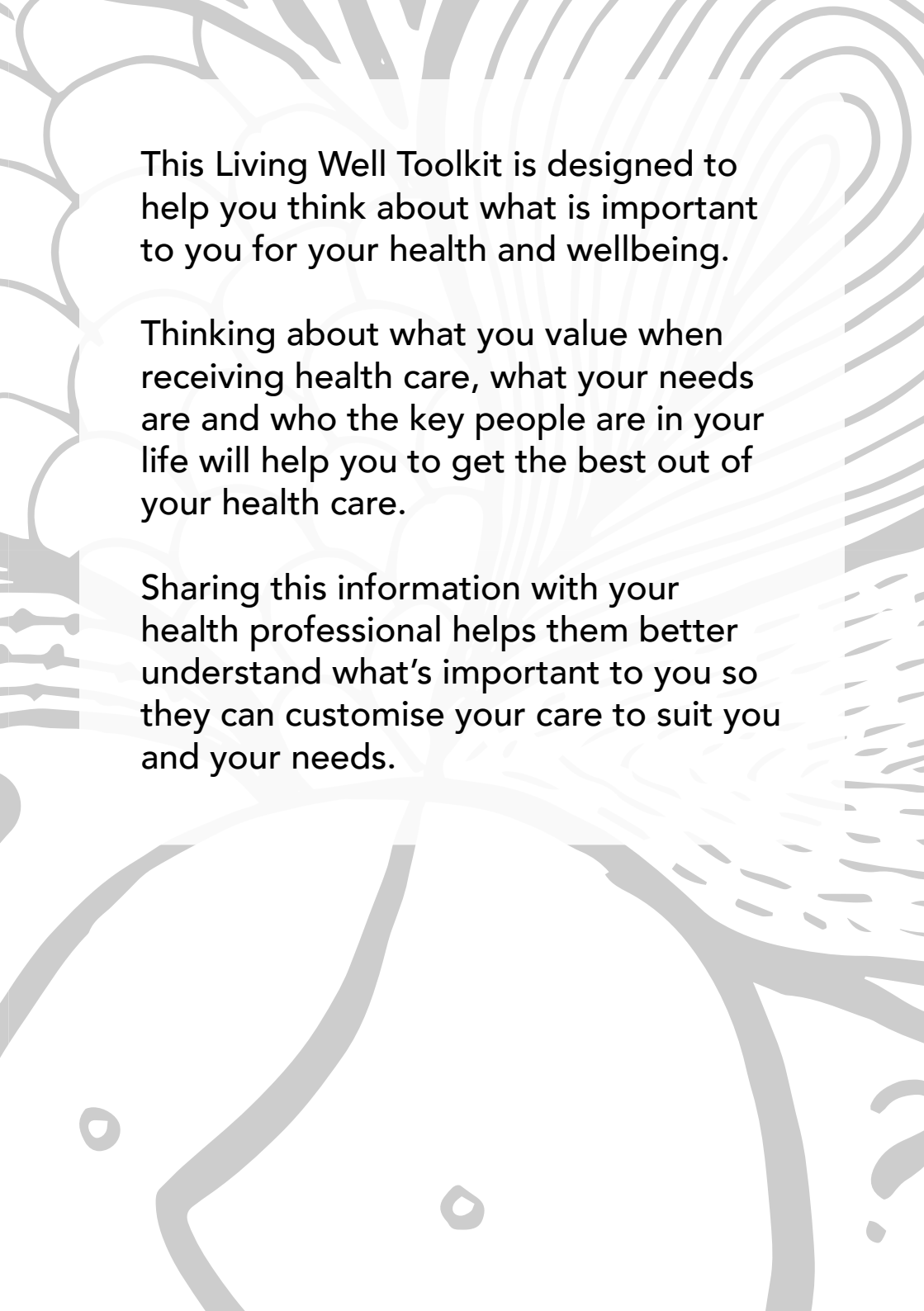


The background features a complex, organic pattern of grey lines and shapes, resembling a network or a cellular structure. Several large, light grey question marks are scattered across the lower half of the page. The title text is written in a bold, green, sans-serif font, slanted upwards from left to right.


The Living Well Toolkit



This Living Well Toolkit is designed to help you think about what is important to you for your health and wellbeing.

Thinking about what you value when receiving health care, what your needs are and who the key people are in your life will help you to get the best out of your health care.

Sharing this information with your health professional helps them better understand what's important to you so they can customise your care to suit you and your needs.



It is up to you to decide how to use the toolkit and who to share it with, for example, you could:

- Use it as a prompt to help you think and prepare for your health care visits.
- Answer the toolkit questions by yourself or with help from your family, whānau or health professionals.
- Use it with your health professional to kick-start a conversation about your care.



The following questions may help you think about the things you want your health professionals to know.

What matters most to me about my life, my health and wellbeing:

For example: Being able to drive is very important to me, I am the only person in the family with a license, and I need to drive for my job.

Things I value when receiving health care:

For example: I have a good understanding of my condition so I like health professionals to involve me when they make decisions about my treatment.

The following questions may help you think about what your needs are right now.

The most important issue for me today is:

For example: I am having problems sleeping so therefore I feel tired all the time.

I can be supported with this by:

For example: Talking about things I could try in order to get a better night's sleep?

I need to know:

For example: Would medication to help me sleep be a good idea?

What I'm currently doing to improve my health and wellbeing:

For example: I go for a walk once a week and I am trying to improve the way I eat.

Anything else impacting my health and wellbeing today:

For example: I am worried about my son's behaviour at school.

This question may help you think about the significant people in your life and their role in your health and well-being.

These are the key people in my life and in what way they support me and I support them.

For example:

Mary (Aunty)

She drives me to all my specialist appointments and keeps an eye on my finances and that I pay my bills on time.



Me

I help Aunty Mary by looking after her dog while she is at work and I am at home to keep an eye on the kids when they come from school.